

# **TIPS, TRICKS & TOOLS**

to ease Back Pain, Neck Pain  
and Headaches  
(using the kids' toys & a few household items!)



**Ryan Kendrick**

## About the Author



**Ryan Kendrick** - The New Inventors - ABC Television

Ryan Kendrick is a Musculoskeletal Physiotherapist having obtained his Bachelor of Physiotherapy from the University of Queensland in 1994 and his Masters in Physiotherapy Studies (Musculoskeletal) also from the University of Queensland in 2000. Ryan worked in Public Hospitals on the Gold and Tweed Coasts early in his career before focussing his career in the area of Sports Injuries. Ryan has extensive experience in this area including roles as Physiotherapist to Essex County Cricket Club in the UK, Personal Physiotherapist on the ATP tennis circuit to former world number four, Greg Rusedski, travelling with the British Davis Cup team and consulting to several European Tour golfers, Commonwealth and Olympic athletes. Ryan has also worked extensively in Private Practice in Australia and the UK and has been a clinical tutor in Musculoskeletal Physiotherapy for the Griffith University Physiotherapy Programme.

Ryan also developed the highly successful PosturePals product as seen on ABC TV, The New Inventors where they were awarded both Episode Winner and People's Choice Episode Winner.

*When not working on 'Be Your Own Physio' or 'PosturePals', he can usually be found surfing on the Mid North Coast of NSW.*

'By combining his extensive clinical experience with his problem solving approach Ryan has produced a simple, practical and easy to follow guide for those looking to take a leading role in their own health care. The techniques are easy to perform yet effective. The book is full of great ideas for pain sufferers but also presents useful ideas for clinicians as well. In an age where we are becoming increasingly sedentary, tools to help us combat the adverse physical effects simply and on a daily basis is extremely welcome.'

### **Sonia Offord**

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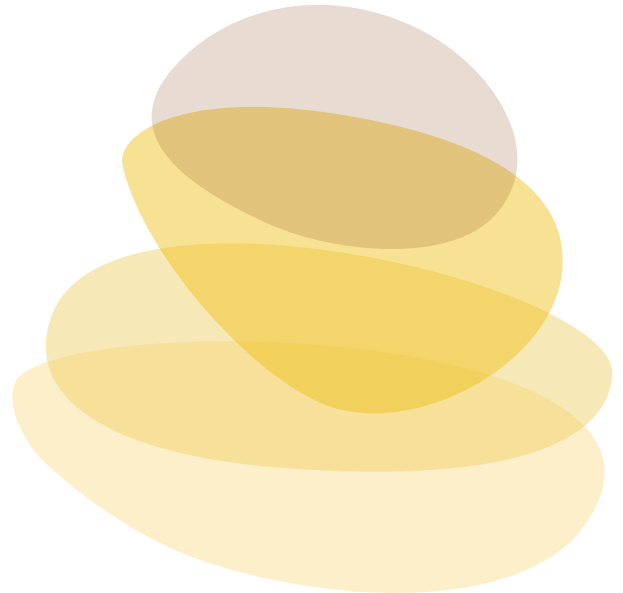
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## Disclaimer

The contents of this book are considered general in nature and are intended as a source of information only. Neither the publisher nor the author is engaged in rendering medical advice to the individual reader. It is strongly recommended that you consult with your doctor or health care practitioner prior to commencing any new exercise programme and the information contained in this book should by no means be considered a substitute for advice from a suitably qualified medical professional.

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We are unable to give advice about individual cases however if you would like general information or for any other enquiries please email: [info@beyourownphysio.com](mailto:info@beyourownphysio.com)  
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# INTRODUCTION

Have you ever noticed how professional athletes seem to benefit from shorter recovery times than everyone else? This week the reports say that they will be out for the season, yet two weeks later there they are charging headlong into a tackle, tackling a thirty foot wave or waving to fans as they cross the finish line of the London Marathon.

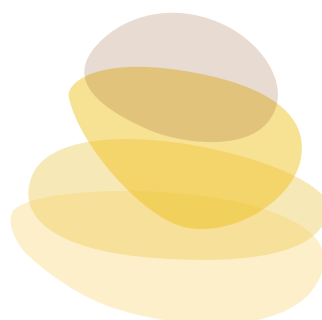
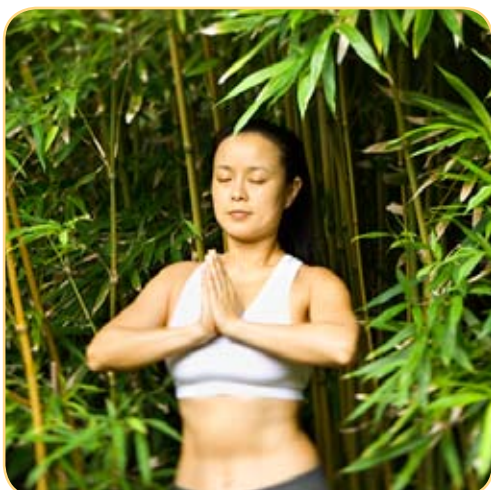
Granted that some of the discrepancy results from the way these injuries are portrayed in the media, nevertheless there does appear to be some truth in the matter. There is no doubt several factors involved. One of these factors is access to resources like early and regular treatment perhaps daily, twice daily, three times daily or more. For most people, this is out of the question. The time or money is just not available and it is difficult to get into most clinics once a week let alone once a day!

Be Your Own Physio has been created to educate people on how to take control of their own rehabilitation, not to the exclusion of their Physiotherapy, Chiropractic or Osteopathic treatment but rather to complement it.

Back pain, neck pain and headaches are widespread and are second only to fatigue on the list of complaints reported to General Practitioners. These conditions account for an enormous amount of time lost from work and cost industry billions of dollars every year. This however is insignificant when compared to the personal cost – pain, anxiety, loss of self esteem, loss of financial control, family breakdown and the list goes on.

In many cases the underlying cause is not sinister but rather relates simply to how the spine is used or loaded and whether or not the body can dissipate this load effectively.

In Tips, Tricks & Tools we present effective techniques for producing immediate relief. Depending on the nature of your pain and your lifestyle, the relief may be temporary or permanent. If you follow the Tips and introduce strategies to address factors that are contributing to your pain or placing you at risk of developing pain, you should be in a position to manage your body far more effectively than ever before.



It's your body.  
You live in it.  
You only get one  
... Look after it!

## 4. Mobilisations

A variety of devices can be made simply. These allow you to gently mobilise the joints of the spine to reduce pain and stiffness and to increase flexibility.

### Tennis Ball Mobiliser



Take two tennis balls and a wine cork and position as shown.

Wrap thoroughly with electrical tape until you have a device resembling the one shown here.



Position the tennis ball mobiliser as above. In this position the balls are ideally located to mobilise the spinal joints. This technique can be used to mobilise joints from the base of the neck to the lower back.



Lie on your back with arms folded across your chest. Support the head on a pillow if required for comfort. Stay in position for 20 seconds. Build to two minutes as comfortable. Move the tennis ball mobiliser to the next level and repeat.



Taking the arms over the head can increase the intensity of the mobilisation. Repeat this movement rhythmically.

### Noodle Mobiliser

A similar device can be fashioned by cutting two pieces of foam noodle, each approximately 60mm wide (2.5") and joining them with a piece of dowel or strong tubing. Leave a space of approximately 30mm (just over an inch) in the middle. This device does not mobilise the joints as specifically as the Tennis Ball Mobiliser but provides a great, general mobilisation. It is also very useful when starting out if the Tennis Ball Mobiliser is too uncomfortable.



Noodle Mobiliser - Components

Noodle Mobiliser - Assembled

